

# FAMILY TOTAL HEALTHCARE

## HCG WEIGHT LOSS PROGRAM



## FREE SEMINAR

OUR PROGRAM TEACHES THE PATIENT THE NUTRITION FUNDAMENTALS AND LIFESTYLE CHANGES THAT ARE REQUIRED TO SUCCESSFULLY KEEP THE WEIGHT OFF.

Weight accumulation is a significant medical condition and cannot be treated by an inexperienced “diet counselor” in some corner diet center with a “one size fits all” kind of program.

The *HCG Weight Loss Program* has helped thousands upon thousands of people achieve their weight loss goals.

Our plan teaches you the best food choices to ensure your body gets everything it needs. Despite the reduction in calories, you will have energy beyond belief!

***We provide all the necessary assistance to ensure your weight loss journey is successful—starting DAY ONE.***

**Register for the first day of the rest of your life!**

Call 912.537.2564 to register

October 8, 2011

10 AM (arrive 15 min early for your seat and to prepare)

Tabernacle Baptist Church (Swann Center)

Hwy 280 West

Vidalia, GA 30474

# HCG WEIGHT LOSS PROGRAM OVERVIEW

**The *HCG Weight Loss Program* is a doctor-supervised program that has three distinct components:**

1. A low calorie diet, which is mildly ketogenic and glycemic-index controlled.
2. Specially formulated prescription medications to help ensure your success.
  - HCG pellets. This helps to facilitate and expedite the fat-loss process.
  - “Metabolism Booster” nutritional injections to help burn fat, increase energy, and stabilize blood sugar levels.
3. A doctor and self-managed monitoring program of coaching and counseling that keeps the patient involved, focused and motivated.

The *HCG Weight Loss Program* addresses several of the common weight loss problems by supporting the metabolism hormonally during the program.



## THREE COMMON REASONS WHY DIETS FAIL:

1. Constant hunger
2. Fatigue and lack of energy
3. Metabolism plummets, and the patient quickly regains the weight.

**The *HCG Weight Loss Program* effectively addresses these concerns by:**

1. Curbing appetite naturally
2. Increasing metabolism and energy
3. Improving the patient's sense of well-being
4. Affecting the brain to secrete endorphins and serotonin – the “feel good” hormones
5. Releasing fat from the peripheral fat cells

**You can expect significant—and fast—results from our HCG Weight Loss Program:**

1. Rapid weight loss through this physician monitored program
2. Lose significant body fat and not lean muscle mass
3. Maintenance program to help keep the weight off

## NOTES:

- You must treat this as a medical condition with the supervision of a trained physician.
- All of the instructions must be followed exactly. This will require true dedication from you.
- Our team is dedicated to your weight loss goals. You have to let us help you.
- Beware of imitations. HCG is only available by prescription in the US.

## WHAT IS HCG?



HCG stands for human chorionic gonadotropin. It is a hormone that is produced in large quantities in pregnancy (both men and women have male and female hormones, so this program is just as successful for men).

- ✚ HCG is responsible for making the abnormal fat reserves of the body available to be burned as fuel.\*
- ✚ In pregnancy it is used to protect the nutritional health of the growing baby, however, in conjunction with this program it is used to rid the body of abnormal fat deposits.
- ✚ Rest assured that the HCG helps to stave off any hunger pangs that a restricted diet may cause.
- ✚ With the introduction of HCG, thousands of extra calories begin to flood the system from the abnormal fat being metabolized.
- ✚ For this reason, HCG diets are easier to stick to than a traditional healthy diet that simply restricts calories.

**When a program is easy to stick to,  
success is the end result!**

# DR. SIMEONS' PLAN FOR SUCCESS

Dr. A.T.W. Simeons was a British physician who researched and developed the HCG program in the 1950's. Dr. Simeons' research in the 1950's resulted in concluding that there are 3 different types of fat stored in the body:

- **Structural** (visceral) fat (in and around muscles, cushioning organs, padding of bottoms of feet, etc.)
- **Normal** Fat (dermal fat which is directly under the skins surface and provides the soft cushioning between the skin and frame of the body)
- **Abnormal** (adipose) fat (under the dermal fat and not available for use by the metabolism until the other 2 kinds of fat are reduced) Abnormal fat can be viewed as "famine fat"

It is stored by the body for emergency famine. Yo-yo dieting contributes to the storage of this type of fat because the body begins to question the availability of fuel (food). When calories are restricted, the body stores all the fat it can, to save up for the lean times!

Dr. A.T.W. Simeons' research produced a plan that results in an average weight loss of .5 to 1 lb a day of Abnormal Fat when accompanied by a VLCD (very low calorie diet).

## TYPICAL REDUCED CALORIE DIET



Most calorie reduction diets will not produce the best results for those individuals with an abundance of Abnormal Fat stores because their bodies will begin by burning the wrong kind of fat. When a low caloric diet is introduced to the system, the Normal reserves of fat are used up first. As a result, most people look gaunt and drawn after a reduced caloric diet. Although the **Normal** reserves of fat have been reduced, the **Abnormal** fat remains intact.

Without using HCG in a reduced calorie diet plan, the body will burn **Structural** and **Normal** fat.

HCG works to release the **Abnormal** fat stores and make them available to be used as fuel. By following the protocol precisely the body will “burn” the **Abnormal** fat, while preserving muscle, normal fat, and structural fat.

## ARE YOU READY FOR THE BEST PART?

**Dr. Simeons called it a CURE!** The HCG will help to release the **Abnormal** fat reserves in the body, but what about keeping that extra weight off? This is where commitment comes into play. Commitment to all phases of this plan will retrain the hypothalamus to control and regulate proper metabolism.

### **Re-setting The Hypothalamus**

The hypothalamus is located just above the brain stem. It is known as the master gland and is a supervising center in the brain that links the body’s two control systems, the nervous systems and the endocrine system.

The hypothalamus controls body temperature, hunger, thirst, blood pressure, heartbeat, gastric reflexes, maternal behavior, blood pressure, immune responses, carbohydrate and fat metabolism. The hypothalamus is responsible for the control of food intake.

## THE HYPOTHALAMUS IS RESPONSIBLE FOR THE CONTROL OF FOOD INTAKE

It may sound amazing, but it is the hypothalamus’ job to make the body salivate for an apple, rather than a piece of chocolate cake. If the hypothalamus is working normally, then a person will be more inclined to crave a nutritionally, well balanced diet! Food that is void of the nutrition needed will not have the same pull or crave-producing impact.

This is why some people can have one bite of their chocolate cake, push it to the side, and say, “That was enough”, while the rest of us are staring at the unfinished piece of cake wondering if we can have it!! Its okay, we can be honest here!

The hypothalamus is much like peripheral vision. When driving on the highway, even though the driver may not always be looking straight ahead, his peripheral vision assists him in making the tiny adjustments in steering to keep the car in between the lines on the road. The hypothalamus, when functioning normally, works in the same way. It assists the body by steering the appetite and promoting more effective metabolism to keep the body at a certain weight, or “set-point”, just like the lines on the highway.

For those who have a hypothalamus that is not functioning properly, it is like their peripheral vision has become distorted. The lines on the highway, so to speak, become wider and wider, or not visible at all. The body’s hunger becomes more and more intense; more food is craved and eaten; more fat is consumed and stored.

Now the body’s “set-point” has risen on the scale to a new high and isn’t coming down. Sound familiar? Using Dr. Simeons’ plan, it is now possible to lower the body’s “set-point” and re-train the hypothalamus to make the necessary adjustments to keep it there, forever!

## Another Piece to the Intricate Puzzle

In the body, there is a hormone called Leptin. Leptin is like a messenger between the hypothalamus and the fat stores. When your body gets to the point where it has stored enough fat, leptin runs to the hypothalamus, and yells, "Stop!!!! We've stored enough fat!!!!!"

A normally functioning hypothalamus would understand leptin's message and stop storing extra fat on the body. However, high levels of leptin circulating in the body result in leptin desensitization, or *Leptin Resistance*. This means that no matter how much the Leptin tries to communicate to the hypothalamus, the message is not heard or responded to. The more important part of this equation is that Leptin is produced by the Abnormal (adipose) fat!

**More Adipose fat = higher levels of Leptin = Leptin resistance = MORE STORED ADIPOSE FAT!** When the hypothalamus is not functioning properly it cannot hear or understand what Leptin was trying to tell it. So the hypothalamus thinks that it still needs to store excess fat. And it does. It keeps storing and storing because it has not gotten the message that there is already enough fat on the body.

It is clear why it is so crucial to rid the body of the **Abnormal** (adipose) fat. Once the pounds of fat begin to reduce, the amount of leptin can begin to return to normal levels. This will start the process of healing the broken system of communication between the fat stores and the hypothalamus. When the communication is restored, the hypothalamus will once again prompt the body to decrease food intake through appetite and increase energy output to burn up any extra calories eaten.

It is for this reason that most weight reduction programs fail their participants. If the body doesn't get rid of the Adipose fat, the high levels of Leptin in the body will keep the body in Leptin resistance. These mixed messages will continue to confuse the body. The hypothalamus will keep allowing the body to store fat and keep the appetite elevated.

*Dr. Simeons' research is a crucial piece to normalizing the hormone communication in individuals with high levels of Adipose fat. HCG assists the body in quickly reducing Adipose fat so the hormones can once again, communicate effectively.\**

## **Getting Started**

The duration of our program is 30 days, and includes 4 weekly visits to our office. Expected average weight loss for women during the plan is 20-25 pounds; men can expect to lose an average of 25-30 pounds for the same 30 day period. For the first 2 days you will “load up” and gorge on high fat foods which helps the body stay satisfied and energized during the 500 calorie per day diet phase that will follow on days 3-30. HCG will actually cause your body to burn up to 2500 calories per day and coupled with the 500 calories you are consuming, it’s like you are taken in 3000 calories per day! This satisfies your body’s caloric needs while burning fat.

At the conclusion of your first 30 day period using the HCG, you will either move to Phase 2 maintenance or move into the “rest period” to prepare for another cycle of HCG. During the “rest period” will be required to stop the HCG for the next 30 days before you start another cycle because your body will adapt to the HCG and lose the effectiveness. We can give you different diet options during this “resting” period that will keep the weight loss going.

## **How is HCG taken?**

HCG can be taken sublingually (under the tongue) or daily intramuscular injections. Injections must be kept refrigerated, so we standardly prescribe the sublingual. If you would prefer injections, we could order that prescription for you.

The HCG prescription combined with a 500 calorie diet offer the following benefits:

- Average weight loss of ½ - 1 lb. per day
- Decreased hunger
- Results in loss of excess/abnormal stored fat
- Causes no loss of muscle or structural fat
- Triggers the hypothalamus gland to release stored fat
- Causes the metabolism to dramatically increase
- Re-distribution of normal fat and body contouring

Clinical studies have shown that 70% of patients using this method do not gain the weight back one year later.

# THE EATING PLAN

## The “Preparation Phase” (2 weeks prior to starting program)

The Preparation Phase is an optional phase.

It is not required for successful weight loss. However, completing this phase will decrease food cravings during the actual diet and will increase overall weight loss. A Couple of weeks before you start this protocol, a good colon cleanse is recommended, along with probiotics, and Candida fighting supplements to promote a healthy intestinal environment and support detoxification function of the liver and gall bladder. We can provide these products for you if you desire.

## PHASE 1 /STARTING HCG\* 21 DAY CYCLE

### Day 1 & 2 (Start Taking Your HCG (12 hours apart) 2x/Day and start the Load/Gorge Days)

For the first two days you will be required to “load up”, or eat to the capacity of the most fattening foods. It is not unusual to gain 2-6lbs during the first two days of treatment. This will accomplish two things;

1. This helps your body to not be hungry and feel energized through the low calorie phase.
2. This kicks in the “starvation mode” which will signal the body to burn off the **Abnormal** fat. So HAVE FUN!

## **SAMPLE MENU:**

### Breakfast:

- Cream cheese bagel with bacon and sausage and ham/cheese omelet

### Mid-morning snack:

- Donut with whipped cream and strawberries

### Lunch:

- Pork chop, potato with sour cream, a roll with butter and buttered vegetables

### Mid-afternoon snack:

- Ice cream with Oreos and/or Twinkies

### Dinner:

- Fettuccini, cheese garlic bread, salad with regular dressing, cheesecake for dessert

### Late-night snack:

- Ice cream

\*

### **Important notes on the HCG pellets:**

- **Keep pellets in a cool dry place; they will melt in the heat!**
- **Don't eat or drink anything 15 minutes before or after taking pellet.**

## **Day 3-30 Start The 500 Calorie Diet & Continue taking HCG**

### **Breakfast**

If possible, limit your first meal of the day to coffee or tea in any quantity. One 1 tablespoon of milk in a 24 hour period is acceptable. You may use a non-fat coffee creamer with no sugar, and/or you may use stevia for flavor or sweetener. A protein shake (no-carbohydrate whey protein powder) made with eight ounces of water may be consumed for breakfast, but this may make the process less effective.

### **Lunch and Dinner**

A complete meal will include your choice of one item from each of the following groups, 1 lean meat, 1 Melba toast, 1 vegetable, 1 fruit.

#### **100 Grams or 3.5 ounces (raw)/3 ounces (cooked) serving of lean meat:**

turkey breast, chicken breast, veal, London broil, buffalo tenderloin, tilapia, halibut, sole, perch, orange roughy, lobster, shrimp, crab. All visible fat must be carefully removed before cooking and the meat must be weighed raw. It must be boiled, broiled or grilled without additional fat. Salmon, eel, tuna, herring, dried or pickled fish are not allowed at this time. The chicken breast and skin must be removed from the bird.

#### **Bread:**

1 Melba toast

**Vegetables (one handful):** One type of vegetable only to be chosen from the following: Spinach, turnip greens, celery, chard, chicory, beet greens, lettuce, broccoli, fennel, onions, scallions, cabbage, radishes, leeks, cucumbers, asparagus, cauliflower, or tomatoes.

**Fruit: (one):** An apple, orange, or a handful of strawberries, or one-half grapefruit.

#### **Notes:**

- You may substitute one of the following for your protein choice instead of meat or fish, but do it only on occasion:
  - 1 cup of cottage cheese (made with skim milk) OR
  - 1 whole egg + 3 additional egg whites
- You may have the fruit or Melba toast between meals as a snack if you wish, but not more than 1 of each of the items listed for lunch and dinner may be eaten at one meal.(For example don't eat two fruits or two proteins together at the same time)
- Diabetics or those prone to hypoglycemia should divide the daily amount of allowed foods into smaller meals throughout the day to control blood sugar.

#### **Drinks and Seasonings**

The juice of one fresh lemon or lime daily is allowed for all purposes

Salt, pepper, vinegar (No vinegars with sugar), mustard, mustard powder, garlic, sweet basil, parsley, thyme, marjoram, etc may be used for seasoning.

**NO oil** (with the exception of 1 tablespoon of coconut oil per day), aerosol oils (i.e. Pam), butter or dressings of any kind.

Salad Dressing Recipe that won't affect weight loss on HCG program

- 2 Tablespoons of Bragg's apple cider vinegar
- ½ teaspoon dried parsley
- ½ teaspoon mustard
- 1 packet Sweet Leaf stevia

Tea (black, green, herbal), regular or decaffeinated coffee, plain or mineral water (64 ounces of water per day is recommended) are the only drinks allowed, but they may be taken in any quantity and at all times. NOTE: The more tea you consume the better. It is a natural appetite suppressant.

Stevia\* is recommended for flavor and sweetening. We stock many different flavors in our office to choose from. NOTE: Use Sweet Leaf brand ONLY! We have had several patients use Stevia in the raw and it affected their weight loss on the program.

### **Day 31-32 Continue the 500 Calorie Diet and NO HCG**

You will continue to eat the 500 calorie diet for two additional days after your HCG is gone.

### **Most Common Errors During the 500 Calorie Diet Phase**

1. Not loading enough fat during load days. This might explain hunger and associated crankiness during the first week of the program's low calorie phase.
2. Mixing vegetables at a meal. While many people lose quite satisfactory when mixing vegetables, it is a place to review if losing slows down.
3. No gum, mints, etc allowed during very low calorie phase.
4. Weight loss can be slowed by diet drinks, Crystal light, diet soda, or other diet drinks. So try to stick to water, teas, coffees and mineral water. You get one lemon or lime to use per day.
5. Weight of protein is to be based on PRECOOKED weight. Please choose lean cuts of meat.
6. Eating the same protein for lunch and dinner. Food selections should be varied.
7. Not drinking enough water. You should be drinking at least 64 ounces of allowable liquids per day.
8. Avoid eating at restaurants because, to a large degree, the meats have been "juiced" or manipulated to be more flavorful, tender or juicy. Organic meats and produce are best.
9. Oil based cosmetics and creams may affect weight loss. Women may continue to use their normal products but this may be a consideration to change if the weight loss is not occurring as it should. Lipstick, eyebrow pencil, and powder are allowed. Please let the doctors know of any supplements you are taking that we are unaware of as well.
10. Vigorous exercise. Exercising could pose a problem during the low calorie days causing the body to be stressed and weak. We recommend exercising after the initial 21 days.

## Day 33-53 Start The “Rest Period”, or do another 30 days of HCG

- **For those that need to lose more weight**

A “rest” period will eventually be required from taking the HCG. This can occur at either at the end of 30 days, or at the end of 60 days. The reason for this is Dr Simeons found that your body will adapt to it and it will lose its effectiveness.

### OPTION #1: Rest Period at the end of 30 days

You can opt to stop at the end of 30 days and take a rest period. During this time we can give you other diet programs (i.e. Ideal Protein) to follow, or you can simply follow the rest period recommendations. During this period you still need to keep sugar and carbohydrates out.

### OPTION #2: Remain on HCG for an additional 30 days

You may perform an additional 30 day period of HCG, but at the end of this cycle, which would be 60 days, you will need to take a 60 day rest period.

## Interruptions of Weight Loss: Plateau and Plateau Breakers

A plateau lasts 4-6 days and frequently occurs during the second half of a full cycle, particularly in patients that have been doing well and whose average of nearly a pound per daily dose of HCG has been maintained. Those who are losing more than the average all have plateau sooner or later. In menstruating women, interruption often occurs a few days before and during the menstrual period and in some women at the time of ovulation. A plateau always corrects itself.

If you would like to break up the plateau faster, have an “apple day.” An “apple day” begins at lunch and continues until lunch on the next day. You are allowed to eat no more than 6 large apples. No other food or liquids, except plain water, are allowed.

## **Phase 2 / Maintenance**

- **For those at their goal weight**

After completing Phase 1, you are allowed to return to a regular diet, **but for the next three weeks—no starches, and sugar are allowed.** The goal during this phase is to maintain your new weight, not to lose more. You are allowed to eat what you want when you are hungry, except NO SUGAR AND NO STARCHES.

Please remember that sugar, rice, bread, potatoes, pastries, etc are by far the most dangerous. Be careful with sweet fruit (grapes, pineapple, watermelon, etc) and starches like legumes and beans. Avoid processed meats and canned fruits and vegetables.

Continue to weigh yourself every morning to make sure you stay within 2 lbs of weight as of the last injection. If you do go over the 2 pound limit, have a “steak day.” A “steak day” is where you skip breakfast and lunch, but take plenty to drink. In the evening, eat a huge steak with only an apple or raw tomato.

After 3 weeks, very gradually add starch in small quantities, always controlled by morning weight.

## Frequently Asked Questions

1. **Is the diet safe?** Yes, and you will be closely monitored by the physician and staff.
2. **Is the diet hard?** Patients report the *HCG Weight Loss Program* was easy given the variety of food selection listed, and weekly appointments receiving the “Metabolism Booster” injections and the support given by the staff.
3. **Will the office visits take a lot of time?** Each visit takes approximately 30 minutes.
4. **Is the weight loss guaranteed?** Instructions are provided during the Hcg diet and on the maintenance phase, but adapting these lifestyles is up to you.
5. **Will I have to exercise?** Not during the first 30 days, unless you feel you are in excellent shape. Exercise will be recommended after this period.
6. **Will support be offered?** Yes. You will be scheduled for weekly appointments to review your progress. Advice will be offered on menu selection and recipes. Feel free to speak with our team regarding any questions.
7. **Should I stay on the HCG?** No, the body will adapt to it so you must come off. You can do an additional 30 day program if you choose, but you must be off the program for 30 days before you do.
8. **Will I lose muscle on this plan?** No. The diet is formulated to focus on body fat.
9. **How will I not get bored with the food?** There are many food combinations that provide a variety of choices. Planning your meals ahead is a great idea and will save you time.
10. **What other foods can I eat beside what’s on the diet?** It is not recommended to deviate from the foods on the diet.
11. **If I eat less, or go on a fast will I lose more?** This diet program has been specifically formulated to support your metabolism and burn fat. Doing so will cause loss of muscle tissue.
12. **I am a vegetarian...what can I eat?** You may choose vegetarian alternatives of protein.
13. **What is the Glycemic index?** The Glycemic Index, or “GI” is a method of ranking carbohydrates in foods to tell us if that food will make our blood sugar levels rise quickly, moderately, or slowly. The sugars in foods with a low GI number are released more slowly into the bloodstream causing blood levels to rise and the fall more slowly than foods that have a higher GI number.

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October 8, 2011

10:00 AM

Tabernacle Baptist Church (Swann Center)

Hwy 280 West

Vidalia, GA 30474

Call 912.537.2564 to register for a seat

Guest Speaker Dr. Tommy Johnson

(hCG and Weight Loss Specialist)